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Fall 9-1-2000

PT 517.01: Therapeutic Procedures Laboratory

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**PT 516/517 THERAPEUTIC PROCEDURES I
UNITS I & II**

TIME/DAY- Monday: 10-11 & 1-3
Wednesday: 1-3
Thursday: 10-12
Friday: 10-11

PROFESSOR- CARRIE GAJDOSIK, MS, PT

OFFICE HOURS- WHENEVER CONVENIENT (Please come by and visit.)

REQUIRED TEXTS:

Magee D: Orthopedic Physical Assessment

O'Sullivan, Schmitz: Physical Rehabilitation: Assessment and Treatment

SUPPLEMENTARY READING: (in student resource room)

Minor MA, Minor SD: Patient Care Skills

Pierson FR: Principles and Techniques of Patient Care. Toronto. W.B. Saunders Co.

LAB CLOTHING: Every class has the potential to include lab time. Men wear shorts and tee shirts, women wear shorts and sports bras. You may wear sweats over your clothes to stay warm until lab begins. Change into lab clothes before class starts. Students who do not wear lab clothes during lab will have 1 point for each incidence taken off their grade on their unit test. The lab area must be cleaned at the end of class.

PRACTICALS: Practical exams are given over a period of days. The following guidelines have been established to ensure confidentiality of the exam material as well as fairness to all students.

1. Do not solicit any information from students who have taken the exam.
2. Do not discuss any part of the exam with classmates who have not taken the exam.
3. While practical exams are being given do not use the equipment that might be used during the exam.

While practical exams are in session do not study, practice, or otherwise loiter in the exam area.

EVALUATION PROCEDURE:

90-100% = A

80- 89% = B

70- 79% = C

< 69% - Repeat test or practical

Lecture = 100 points (from written exam) Lab – 50 points (practical exam)

PT 516/517
Therapeutic Procedures I
Fall 2000

Professor: Elizabeth (Beth) Ikeda, PT, MS, OCS

Assisting: Patsy Mangan, PT, MS
Edie Smith, PT

Course Description:

- a: Transfers, positioning, assistive gait-
- b: Posture evaluation
- ** c: Musculoskeletal evaluation-special tests: 50 hours
- ** d: Soft Tissue Mobilization: 18 hours

Please note that the times and hours vary but our basic schedule will be Monday and Friday 10-11, Monday and Wednesday, 1-3 and Thursday 10-12.

Required Texts: Magee, D: Orthopedic Assessment 3rd ed
O'Sullivan, S: Rehabilitation 4th ed
Hall and Brody: Therapeutic Exercise
Faculty packet- notebook in LSS

Recommended resource texts:

Cyriax J: Textbook of Orthopedic Medicine
Kendall: Muscles- Testing and Function
Hoppenfeld: Physical Examination of the
Spine and Extremities
Donatelli: Orthopedic Physical Therapy
Hertling: Management of Common
Musculoskeletal Disorders

Recommended videos: Orthopedic Special tests

Musculoskeletal Evaluation

Course Schedule

October

13+ 16(3) Introduction- Musculoskeletal Assessment
Assessing function

- ** **Assignment:** O'Sullivan 4th ed , chapter 5
O'Sullivan, 3rd ed, chapter 5 (notebook)
Magee- review chapter 1
Hall and Brody: pgs 1-19
Fac Pac- "Model of Orthopedic dysfunc..."

Interviewing-

16 + 20(2) TMJ- skim chapter 4

23 +26 (5) Shoulder

Assignment: Magee, Chapter 5

27 (1) Elbow
Assignment: Magee, Chapter 6

30+Nov 2 (5) Wrist and Hand
Assignment: Magee, Chapter 7

November

3+6 (2) Case study due - review

6 (2) MIDTERM EXAM (practical exams TBA)

9 (2) Cervical Spine
Assignment: Magee, Chapter 3

13 (3) Review test + C and Thoracic spine,
Assignment: Magee Chapter 8

16+17 (3) Lumbar Spine
Assignment: Magee Chapter 9

20 (3) Lumbar Spine, Myotomes and Pelvis ?
Assignment: Magee Chapter 10

27 (1) Pelvis

27+30 (4) Pelvis and Hip
Assignment: Magee, Chapter 11

December

1 (1) Hip

4 (3) Hip and Knee
Assignment: Magee, Chapter 12

7+8 (3) Knee

11+ 13 (5) Ankle- foot
Assignment: Magee, Chapter 13

14 Case study due- review in class

15 Review

FINAL EXAM - Thursday, December 21, 1-3 , Practicals will be given Finals week.

***This class is designed to have a large lab component, you will be expected to dress in appropriate clothing to fully expose the body part we are examining that day (I know you know your anatomy by now!). Inappropriate dress hurts your partner, not you. You may be asked not to participate if you are not dressed properly!

*** You are expected to read the assignment for the day **BEFORE** coming to class. This will help you appreciate the subtleties of the in-class demonstrations and will save you time and energy in the long run. You should also plan on reviewing the videotapes. A list of the "special tests" which you are expected to know is attached (Some of them are not described in your text and some are not on the video, which is currently being revised).

***Class participation is expected, attendance will not be taken. You will be responsible for obtaining information from missed classes. You must contact me on or before the day of a test if you are sick (243-5190 or 728-6858) or leave a message with Sheila (243-4753).

***Points will be deducted for late assignments at the rate of 10 percent per day, unless otherwise arranged.

***Grading (grades will be calculated for all units on the basis of percentage of hours):

PT 516 grades

Test 1	100 points
Comprehensive Final (special tests)	200 points
case studies	15 points each
quizzes	25 pts

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PT 517 lab grades

practical 1	50 points
practical 2- comprehensive ms eval +STM	100 points

NOTE ON PRACTICAL EXAMINATIONS:

Practical exams are given over a period of days, so there are times when some students have completed the exam while others are still studying. In order to insure equality of testing procedures for all students please adhere to the following regulations:

1. Do not solicit any information from students who have already taken the exam.
2. Do not discuss any part of the exam with classmates who have not taken the exam (or with someone else in their presence).
3. While practical exams are being given do not use the equipment that might be used during the exam.
4. While practical exams are in session do not study, practice, or otherwise loiter in the exam area.

Please contact me if you have any questions or problems at 243-5190, 728-6858(home) or leave a message in the office. Remember that I am always available to help you outside of class, but you must take the responsibility to come to me. Asking for help is **NOT** a sign of weakness- we (PT's) would be out of business if people did not ask for help.

Schedule for Soft Tissue Mobilization:

October-

- 9 (3) Introduction
Tissue Evaluation and Preparation
Touch
- 11 Massage, Effleurage, petrissage, Tapotement
TRUNK/SPINE
- 18 EXTREMITIES
- 25 Soft Tissue Mobilization techniques
TRUNK/SPINE

November

- 1 quiz
STM ❖ Extremities
- 8 Friction Massage
- 15 Inhibitive and deep techniques
Cases and practice
- 29- tools, trigger points, tender points
Other practitioners

December 6- Cases, open lab



Schedule for Musculoskeletal Pathology

Thursdays September 21, 28, October 5, 12, 19 10:00-12:00

**PT 516/517 - THERAPEUTIC PROCEDURES I
FALL SEMESTER 2000**

All assignments are to be completed by the date under which they are listed.

**Sept 6
1-3 PM** **Lecture & LAB** Introduction, draping & positioning

**Sept 7
10-12** **LAB** - Draping and positioning
Assignment: Watch video on positioning; Fac Pac: info on draping & positioning

**Sept 8
10-11** **LAB** - Draping and positioning

**Sept 11
10-11** **Lecture-** Body Mechanics and injuries on the job; sexual misconduct, functional levels
Fac Pac: **Jackson J, Liles C.** "Working Postures and Physiotherapy Students"; **Bork BE, et al.** "Work-related Musculoskeletal Disorders Among Physical Therapists"; **Schunk, C.** "Avoiding Patient Misunderstanding" and "Sexual Misconduct: Guidelines for Safe Practice"

1-3 PM **LAB** - Bed mobility and transfers
Assignment: Watch transfer video; Fac Pac: info on transfers

**Sept 13
1-3** **LAB** Transfers

**Sept 14
10-12** **LAB** Transfers

**Sept 15
10-11** **Lecture in lab room-** Introduction to assistive devices
Readings: **O'Sullivan,** pgs 425-440; **Bauer DM, et al.** "Comparative Analysis of Several Crutch-length-estimation Techniques"; **Wharton MA, et al.** "Effects of Walker Height on Posture in the Elderly Population"

**Sept 18,
20, 22** **LAB** - assistive devices

**Sept 25
10-11** **LAB** - assistive devices

1-3 **LAB** - sensory testing
Reading: **O'Sullivan,** pgs. 137-149 (stop at cranial nerve screening)

**Sept 27
1-3** **LAB** - sensory testing

Sept 29
10-11

Lecture – Examination of Posture
Reading: McGee, Chapter 15: Assessment of Posture

Oct 2
10-11

Lecture – Examination of Posture

1-3

LAB - Posture

Oct 4
1-3

LAB – Posture, prepare for practical exam

Oct 6
10-11

WRITTEN EXAM

Oct 16th
3-5

Open lab review for practical exams

Oct 23-27 **Practical exams** (combined with modalities class)